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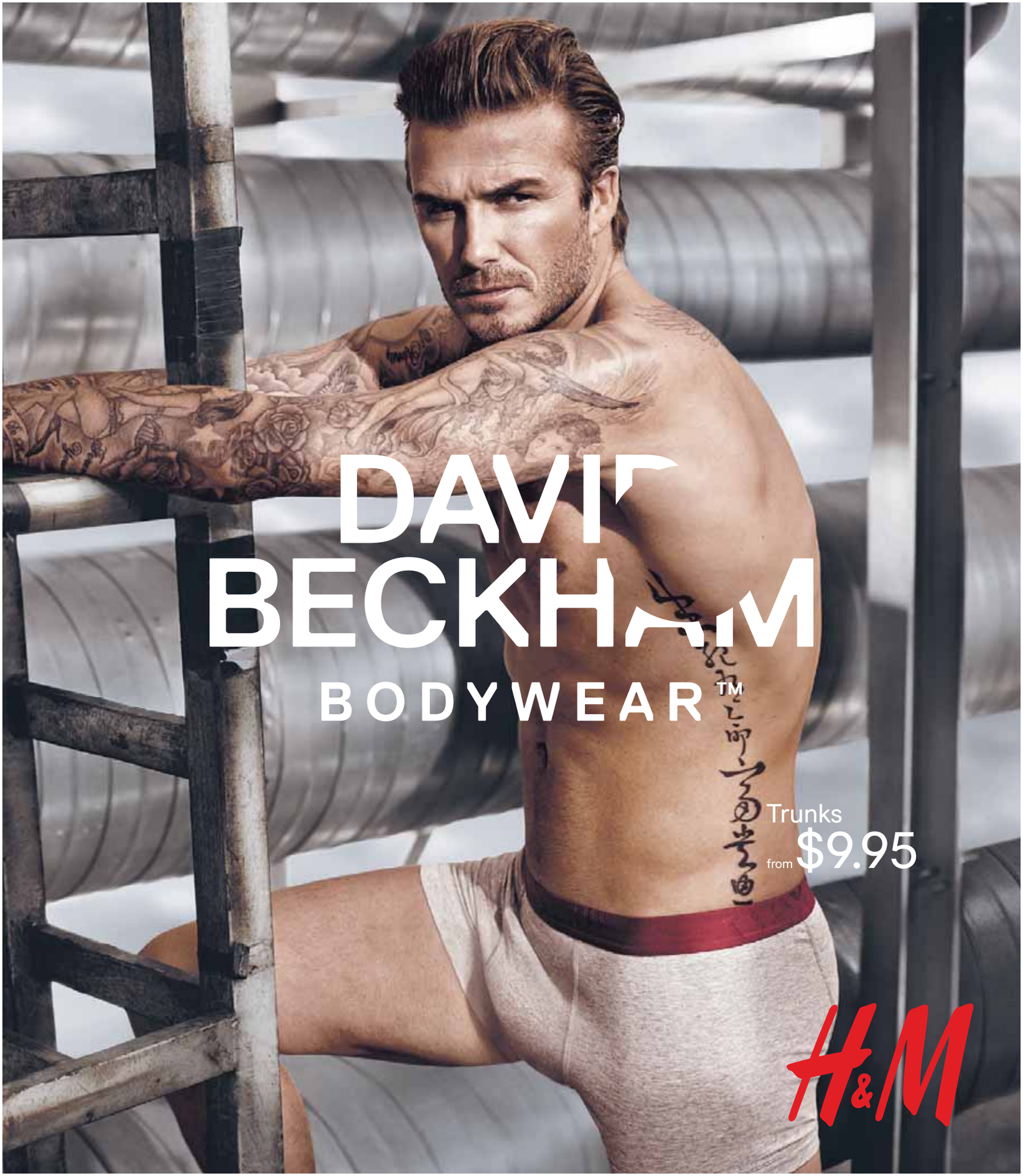
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VALENTINE'S FLOOR PARTY
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Sisters braving the slopes at Sochi

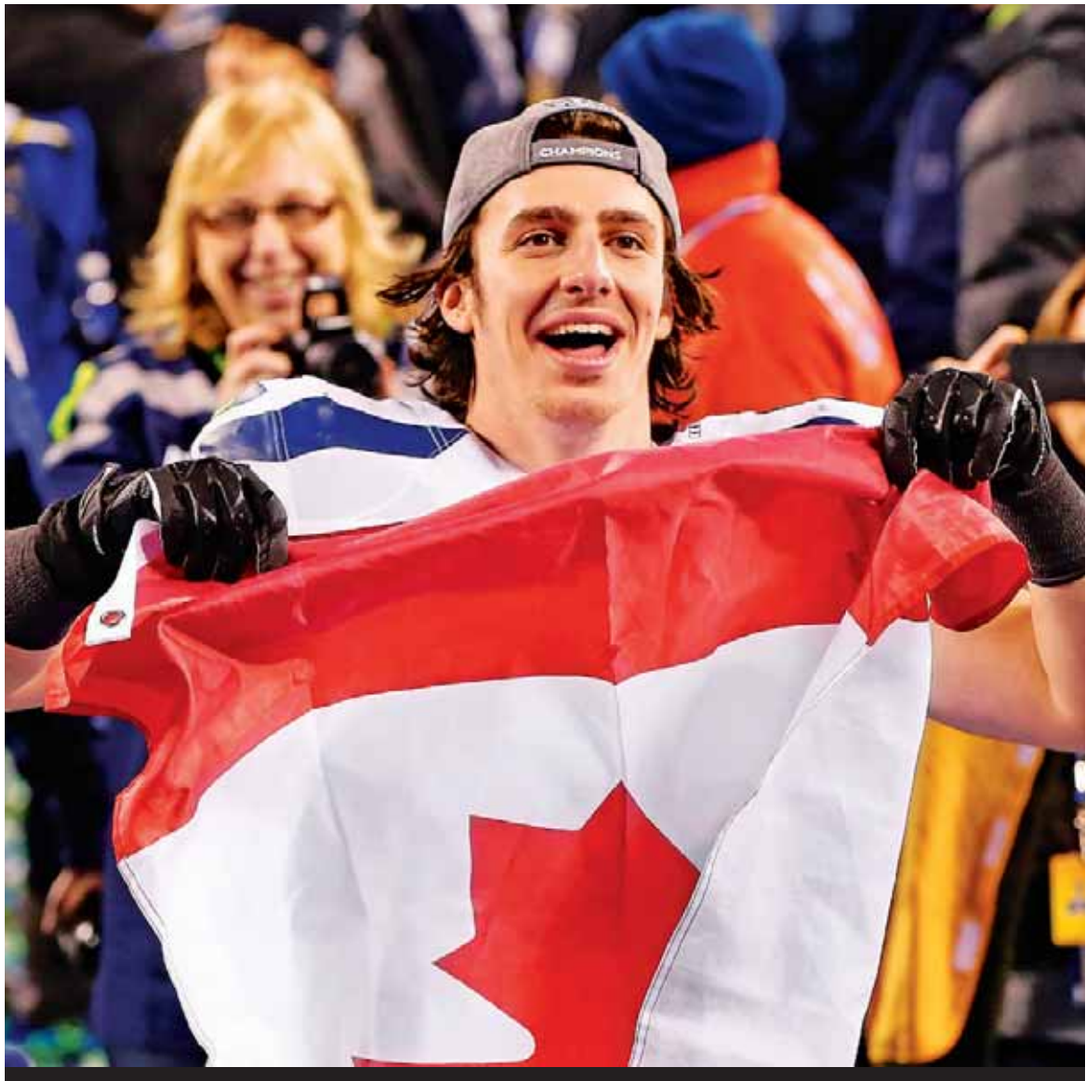
Three skiing siblings say their tight bond will help them succeed at the Winter Olympics PAGE 19

Avoid these budgeting pitfalls

From inaccurate projections to vanishing cash, most people's budgets are a bust for a few select reasons PAGE 13

HOFFMAN DIES AT 46

OSCAR-WINNING ACTOR FOUND DEAD OF APPARENT OVERDOSE PAGE 6



THAT'S OUR BOY!

Seattle Seahawks tight end Luke Willson, a native of LaSalle, Ont., holds up a Canadian flag after the Super Bowl against the Denver Broncos on Sunday in East Rutherford, N.J. The Seahawks won 43-8. More Super Bowl coverage, pages 11 & 18.

KATHY WILLENS/THE ASSOCIATED PRESS

Band claims music used for torture

Interrogations. Vancouver's Skinny Puppy 'heard through a reliable grapevine' its songs were used at Guantanamo Bay

EMILY JACKSON
emily.jackson@metronews.ca

They've never shied away from gore or torture in their performances, but the real thing doesn't sit well with these local rockers.

Skinny Puppy, an industrial rock band formed in Vancouver in 1982, is unimpressed that the U.S. government apparently used its music to torture prisoners at Guantanamo Bay.

"We heard through a reliable grapevine that our music was being used in Guantanamo Bay prison camps to musically stun or torture people. We heard that our music was used on at least four occasions," band member cEvin Key told the Phoenix New Times in a January interview with Glenn BurnSilver.

As a band known for focusing on issues such as animal rights and chemical warfare, it wasn't a good feeling to hear its music was used for torture, Key said.

"We never supported those types of scenarios," he said. "Because we make unsettling music we can see it being used in a weird way. But it doesn't sit right with us."

While Metro wasn't able to verify these claims with the U.S. government, it has been widely reported that the country's military played Metallica on repeat, loudly, before interrogating people at detention facilities in Iraq.

Regardless, Skinny Puppy's latest album, titled Weapon and released in 2013, was inspired by the band's opposition to its music being used for torture, according to the interview.

"We thought it would be a good idea to make an invoice to the U.S. government for musical services," Key said. "We never sent it. The album cover is the invoice."

Horror is a recurring theme in Skinny Puppy's performances. The music video for its song Testure even features an elaborate torture scene.

The band is on tour and scheduled to play at the Commodore in Vancouver on Feb. 28.

Follow Emily Jackson on Twitter @theemilyjackson

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YVR

Man arrested for violence on flight

A man is in custody for violent behaviour on an international flight that landed at YVR Sunday morning.

Richmond RCMP arrested the man after his flight arrived at the Vancouver International Airport shortly after 9:30 a.m.

Three hours prior, the pilot alerted airport authorities that a man was restrained on the flight for "acting violently."

The man is being held at the Richmond detachment pending charges of assault. He is slated to appear in court Monday.

It is unclear where the man is from or why he was travelling to Canada.

Flights from Mexico City, Guangzhou, China and Las Vegas arrived around the time of the arrest.

EMILY JACKSON/METRO

White Rock

Senior who was struck by train in serious condition

An elderly man is in hospital after being struck by a freight train Saturday night in White Rock.

The man was walking southbound on the tracks when he was hit and was airlifted to hospital with serious injuries.

The advanced warning horn was sounded by the train engineer.

His identity has not been released.

Police have no word on his condition.

THE CANADIAN PRESS

Chinese New Year parade draws thousands

Performers carrying a dragon take part in the 41st annual Chinese New Year parade as spectators cast shadows on the ground in Vancouver on Sunday. Thousands of people attended the parade, which is one of the largest in North America, according to organizers. DARRYL DYCK/THE CANADIAN PRESS

Rob Ford's night out in the 'burbs

Coquitlam. Toronto mayor hits the pub, then gets a ticket for jaywalking

Toronto's embattled mayor didn't succeed in leaving controversy behind during a trip to the West Coast this weekend, receiving a slap on the wrist from the law in a Vancouver suburb.

Ford spokesman Amin Massoudi confirmed Rob Ford received a jaywalking ticket on Friday night.

A Global News report cites a witness who said Ford, who was in B.C. to attend the funeral of a friend's mother, was crossing a road linking the Vancouver-area municipalities of Burnaby and Coquitlam when police stopped him.

Global reported the mayor had visited a Coquitlam pub earlier that night, and some revellers snapped photos that were posted online of a smiling Ford dressed in suit and tie.

The Toronto Sun quoted Ford as saying he was shocked officers gave him a jaywalking ticket and that "they went out of their way to do this."

The RCMP, which is responsible for policing Coquitlam, refused to comment on the reasons Ford received the ticket or how many tickets are issued for jaywalking.

Toronto Mayor Rob Ford poses for photos at the Foggy Dew pub in Coquitlam on Friday night. CATRIONA KORUCU/THE CANADIAN PRESS

"The RCMP does not routinely disclose or publicly comment on matters that do not involve criminal code or other serious offences including violation tickets. This policy is applied for all individuals regardless of who they are, RCMP Sgt. Rob Vermeulen said in an email.

Local council members in Coquitlam dismissed any suggestion that police singled Ford out.

"I would say it's just laziness on his part," said Coquitlam Coun. Brent Asmundson. "He keeps making the moves, no matter what he does."

Craig Hodge, another Coquitlam councillor, said Ford shouldn't expect preferential treatment from the law.

"If the police caught him crossing against the light or not following the signals, I would expect him to be treated as any other citizen in our city," he said in a phone interview. THE CANADIAN PRESS

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Second-degree murder charge laid in the fatal stabbing of gangster

Police have laid charges in the Jan. 2 murder of known gangster Matthew Campbell.

The RCMP's Integrated Homicide Investigation Team (IHIT) announced Saturday that 24-year-old Jimi Sandhu faces a charge of second-degree murder after being arrested by police in Vancouver.

Sandhu, who is known to police, is accused of stabbing and killing the 32-year-old Campbell at Abbotsford's Fraser Valley Automall.

On that day, Campbell — known to be a high-ranking member of the Red Scorpions gang — entered a car rental shop in the mall suffering from a severe neck wound.

He did not survive his injuries.

IHIT partnered heavily with Abbotsford police and the provincial anti-gang Combined Forces Special Enforcement Unit (CFSEU-BC) in its investigation.

"(Saturday's) announcement is the result of a fast-paced investigation that commenced on the day of Mr. Campbell's murder and continued around the clock for the past 30 days," said IHIT Supt. Kevin Hackett in a statement.

"Gang-related homicide investigations are often difficult to solve. Having CFSEU-BC investigators working so closely with our team was extremely helpful."

Sandhu is scheduled to make his first court appearance in Abbotsford on Monday.

MATT KIELTYKA/METRO

Non-stop

"(Saturday's) announcement is the result of a fast-paced investigation that commenced on the day of Mr. Campbell's murder and continued around the clock for the past 30 days."

Supt. Kevin Hackett of the RCMP's Integrated Homicide Investigation Team, in a statement

Criminal past

Both the victim, Matthew Campbell, and the accused, Jimi Sandhu, have extensive criminal histories.

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Construction on the Burrard Bridge will last until July 2014. EMILY JACKSON/METRO

Lane closures on Burrard Bridge starting Monday

Eighty-one years old. Repairs to aged bridge expected to cost about $9.6M, finish this year

EMILY JACKSON
emily.jackson@metronews.ca

If you thought Burrard Bridge traffic was already bad due to construction at the south end, well, it's about to get worse.

The 81-year-old bridge will go from five to four lanes as of Monday.

From March to July, it will be reduced to three lanes.

But before drivers rant about cyclists taking their space — the closure of Point Grey Road to commuter car traffic caused an uproar in the neighbourhood last month — remember that this road closure isn't bike-related.

Rather, the aging bridge needs 27 new bearings and 19 expansion joints, along with concrete repairs and a deck inspection to ensure it's up to snuff.

The repairs are part of a $24.2-million plan to upgrade all three False Creek bridges for safety reasons.

Upgrades to the Burrard Bridge will cost $9.6 million and are slated to be complete this year.

Pedestrians and cyclists will still have full access to the sidewalks and bike lanes during construction.

Richmond

Shooting victim likely targeted, say Mounties

Mounties believe the weekend shooting in Richmond that sent one man to hospital was targeted.

While police have yet to identify a suspect in the shooting in the 9300 block of Mckim Way on Saturday around 2:20 a.m., the crime does not appear to be a random act, Richmond RCMP spokeswoman Cpl. Stephanie Ashton said in a statement.

The victim's injuries were not life-threatening.

EMILY JACKSON/METRO

Trail. Thousands of litres of chemical may have ended up in river: Teck

Teck Resources is confirming that its smelter in Trail has spilled up to 25,000 litres of a chemical solution into the Columbia River.

Spokesman Richard Deane says the solution likely contained sodium hydroxide, which the plant uses to demineralize feed water for the smelter's boilers.

Sodium hydroxide is in an industrial-cleaning agent also known as lye or caustic soda and can cause severe skin burns and eye damage.

Deane could not say if a harmful amount of the chemical was drained into the river.

Deane says the solution was accidentally drained to a domestic sewage plant leading to the river instead of getting treated.

B.C.-based Teck Resources is facing a class-action lawsuit in the United States on allegations unrelated to this spill that its smelter in Trail has polluted the Columbia River.

A woman from Washington state alleges pollutants released into the water as recently as March 2011 are to blame for her breast cancer.

THE CANADIAN PRESS

Ukrainian president returning to work

Ongoing unrest. Viktor Yanukovych's office announced end of sick leave opposition leaders found suspicious

Ukraine's president will return Monday from a short sick leave that had sparked a guessing game that he was taking himself out of action in preparation to step down or for a crackdown on anti-government protests.

Viktor Yanukovych's office made the announcement about the president's return the same day as protesters seeking his resignation held one of their largest gatherings in recent weeks. About 20,000 people assembled at the main protest site in Kyiv's central square on Sunday.

Yanukovych's sick leave was announced Thursday, with his office saying he had an acute respiratory illness. Some opposition leaders were skeptical, however, and thought Yanukovych was disappearing in preparation for imposing a state of emergency.

THE ASSOCIATED PRESS

'With the help of the world'

"The crisis will end at last when ... we will hold new elections that will stop the regime of Yanukovych."

Protest leader Vitali Klitschko

An opposition supporter asked his girlfriend to marry him at the protesters' barricades in central Kyiv, Sunday. EFREM LUKATSKY/THE ASSOCIATED PRESS

Sibut. Rebels flee key Central African Republic town; looting ensues

Heavily armed rebels fled a key town not far from Central African Republic's capital as French and African peacekeepers deployed on Sunday, witnesses said, though a rebel commander warned they were likely to return.

Civilians immediately began looting the property of Muslim residents of the town, witnesses said.

Members of the mostly Muslim Seleka coalition, accused of committing widespread atrocities since ousting the president of a decade in March last year, had in recent days gathered in the town of Sibut, 180 kilometres north of Bangui.

Some feared the rebels were preparing to overthrow a transitional government appointed last month.

But as heavy rain fell early Sunday, the 200 or so rebels split up and fled, with one convoy of vehicles heading north and another to the east, said Sibut resident Eugene Sangami.

"These elements benefited from the heavy rain to organize their retreat," Sangami said. THE ASSOCIATED PRESS

A refugee holds a mattress on the top of a plane in the airport camp in Bangui, Central African Republic, Sunday. HIPPOLYTE MARBOUA/THE ASSOCIATED PRESS

Thailand elections

Poll closures affected 18 per cent of voters

Thailand held nationwide elections without bloodshed Sunday despite widespread fears of violence. But the country's bitter political crisis is far from over, and one of the next flash points is likely an effort to nullify the vote. Protesters forced thousands of polling booths to close in Bangkok and the south. THE ASSOCIATED PRESS

Costa Concordia

Diver dies while salvage work goes on

A diver died Saturday while working on the shipwrecked Costa Concordia, apparently after gashing his leg on an underwater metal sheet while preparing the wreck for removal. Italy's civil protection agency, which is overseeing the removal of the Concordia, said the diver hailed from Spain. THE ASSOCIATED PRESS

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Woody Allen at the French premiere of Blue Jasmine in Paris last summer. CHRISTOPHE ENA/THE ASSOCIATED PRESS FILE

Allen: Farrow's claims 'untrue and disgraceful'

A representative for Woody Allen says the director calls Dylan Farrow's allegations of child molestation "untrue and disgraceful."

Publicist Leslee Dart said in an email Sunday that Allen has read Farrow's open letter, published online by The New York Times, claiming she was sexually assaulted as a seven-year-old by her then adoptive father. Dart also said Allen will be responding soon.

Farrow claimed that in 1992 at the family's Connecticut home, Allen led her to a "dim, closet-like attic" and "then he sexually assaulted me." Farrow didn't specify Allen's actions, but described other abusive behaviour.

Connecticut prosecutors investigated the allegations in 1993 but did not charge Allen.

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Philip Seymour Hoffman in 2006, after winning an Oscar for his work in Capote. Hoffman was found dead Sunday. KEVORK DJANSEZIAN/THE ASSOCIATED PRESS

Philip Seymour Hoffman dead at 46

Family devastated. Prolific character actor discovered in his apartment after an apparent heroin overdose

Philip Seymour Hoffman, who won an Oscar in 2006 for his portrayal of Truman Capote and created a gallery of other vivid characters, was found dead Sunday in his apartment with what officials said was a needle in his arm. He was 46.

Two law enforcement officials, who spoke on condition of anonymity, said the actor apparently died of a drug overdose. Envelopes containing what was believed to be heroin were found with him, they said.

Hoffman made his career mostly as a character actor, and was one of the most prolific in the business, plying his craft with a naturalism that made him one of the most admired performers of his generation.

The stage-trained actor was nominated for Academy Awards four times, and also received three Tony nominations for his work on Broadway.

Tributes poured in from other Hollywood figures.

Kevin Costner said in an interview, "Philip was a very important actor and really takes his place among the real great actors. It's a shame. Who knows what he would have been able to do? But we're left with the legacy of the work he's done and it all speaks for itself."

THE ASSOCIATED PRESS

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Industry Canada's rigid Twitter rules

#Bureaucracy. Tweets sanitized through 12-step protocol, retweets planned days in advance

Pity the poor government tweet, nearly strangled in its cradle before limping into the Twitterverse.

Newly disclosed documents from Industry Canada show how teams of bureaucrats often work for weeks to sanitize each lowly tweet, in a medium that's supposed to thrive on spontaneity and informality.

Most 140-character tweets issued by the department are planned weeks in advance; edited by dozens of public servants; reviewed and revised by the minister's staff; and sanitized through a 12-step protocol, the documents indicate.

Insiders and experts say the result is about as far from the spirit of Twitter as you can get, and from a department that's supposed to be on the leading edge of new communications technologies.

The documents, obtained through the Access to Information Act, show such a high level of control that arrangements are made days in advance to have other government agencies retweet forthcoming Industry Canada tweets, because retweets are considered a key measure of success.

In turn, Industry Canada agrees to do the same for tweets from the Business Development Bank of Canada and others.

Formal policy for the department was set into a protocol last October, with a 12-step process that requires numerous approvals for each tweet from Industry Minister James Moore's office or from the office of Greg Rickford, the junior minister.

Public servants vet draft tweets for hashtags, syntax, policy compliance, retweeting, French translation and other factors. The resulting tweets read like stiff public service announcements. THE CANADIAN PRESS

Groundhogs offer conflicting predictions

Wiarton, Ont., Mayor John Close, right, laughs after listening to groundhog Wiarton Willie's weather prediction on Sunday. Canada's major prognosticating rodents provided a split decision on whether the country is in for an early spring or not. Ontario's Wiarton Willie spotted his shadow, which according to groundhog folklore means Canadians can expect six more weeks of winter. Nova Scotia's Shubenacadie Sam was the first groundhog out, delivering a promising forecast for winter weary Canucks after he did not see his shadow, signalling an early spring. FRANK GUNN/THE CANADIAN PRESS

PM's Middle East tour

Trip positive for a third of Canadians

Almost half of Canadians followed Prime Minister Stephen Harper's recent trip to the Middle East, and a third said they had positive views of his inaugural visit to the region, a new poll has found.

The survey, conducted from Jan. 23 to Jan. 27 by Harris/Decima, suggests a third of Canadians held a favourable impression of Harper's first foray to the Middle East.

Twenty-six per cent, meantime, said they held an unfavourable view. The majority of those polled, however (42 per cent) said they had no opinion.

Fifty-nine per cent of those polled believe Harper's visit will have a positive impact on Canada's ties with Israel. But respondents were divided evenly on what the trip would mean for Canada's relationship with the Palestinian Authority: 32 per cent expect a positive impact, while 31 per cent anticipated a negative one. THE CANADIAN PRESS

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The road to MacKay River is paved with sticky dirt

The untreated dusty road at MacKay River in Alberta is shown in this undated handout photo. When Suncor, Canada's largest energy company, realized that its dust-control strategy — i.e., spraying water onto the road from a truck — was an act of futility, it enlisted the help of General Electric to get the problem under control. By using a glue of sorts, consisting of a by-product of pulp and paper manufacturing, GE's method binds the particles together so that the dirt stays put. SUNCOR/GE/HANDOUT/THE CANADIAN PRESS

Bet on a 70-cent loonie at own risk

HOW TO ROLL
Alison Griffiths
metronews.ca

The plunging loonie could fall further, say an increasing number of currency watchers. This creates a dilemma for investors. Is it time to hedge or not?

Hedging neutralizes currency fluctuations. It has been very popular with mutual funds and exchange-traded-fund (ETF) providers since the Canadian dollar was a sad-sack 62 cents against the U.S. dollar in 2002.

With our dollar at a historic low, it made sense back then to buy hedged investments because the value of U.S.-dollar investments translated back into Canadian currency would diminish as the loonie rose.

But as the loonie hit $1.10 in 2007, the reverse was true. It made sense to avoid hedged mutual funds and ETFs. No one expected the Canadian dollar to remain that elevated so any decline would make a U.S.-dollar investment worth correspondingly more.

Now things are a bit tricky. The dollar is neither high nor low, but it is approaching an often-stated "fair value" mark of 85 cents against the greenback. Some predictions, notably that of San Francisco hedge-fund manager Vijai Mohan, a long-time Canadian-dollar bear, have it crashing all the way down to 70 cents.

If you believe the loonie bears, then avoid hedged mutual funds and ETFs because U.S.-dollar investments will benefit as our currency sinks.

On the other hand, those who think the loonie will hover or rise, should consider hedged mutual funds or ETFs.

Anyone planning to sell U.S. dollar investments for retirement income or to make a purchase, including withdrawing funds from an RRSP through the Home Buyers' or Lifelong Learning plan, should tread carefully.

A free-falling loonie puts money in your pocket. However, the opposite can also happen. If money is needed in the short term, it's probably better to sell now, rather than betting on a continued downward swing.

Diving down

The Canadian dollar lost 6.6 per cent against the U.S. in 2013, the biggest decline since 2008.

- When investors believe the sky is falling elsewhere in the world, as is happening right now in emerging markets, they run to the safe haven of the U.S. dollar.
- Also, lower prices or lower expectations for oil, gold and other commodities tend to depress the loonie.

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REAL ANSWERS NEEDED FROM THE CBSA

URBAN COMPASS

Paul Sullivan
vancouver@metronews.ca

One of the most enduring symbols of despair in this world is the dungeon.

It would be bad enough if dungeons were only medieval memories — but the spectre of Abu Ghraib in Iraq makes it clear that we have yet to close the book on bad places where the light of civility fails to shine.

Maybe it's over the top, but the more we learn about the Canadian Border Services Agency's holding cells at YVR, the more it sounds as if the CBSA is running a mini-dungeon out there in North America's Best Airport (four years running).

Oblivious travellers enjoy the amenities in the friendly, bright public areas while detainees such as Lucia Vega Jimenez wait to be deported, deprived of visits from family members or lawyers or priests — anyone who can serve to dispel the isolation and despair of a place run by faceless private contractors at the behest of the border agency.

Lucia Vega Jimenez, you may know, is the woman who hanged herself from a holding cell shower stall Dec. 20, the day before she was scheduled to be deported to Mexico. You can only imagine the despair she was feeling. Rousted by transit police for not paying her SkyTrain fare, her boyfriend refused to pay her bail so she remained in custody in a place where there is no accountability nor compassion.

Her refugee claim had been denied. She was an illegal immigrant. She had no standing, and she had no hope.

So she made a desperate decision, and forfeited her life. She was 42.

Now CBSA is engaging in the worst kind of bureaucratic weasel-wording, refusing to answer the questions that could lift the veil of darkness and secrecy that characterizes their little dungeon at YVR.

There is a sense of outrage starting to build in the community. An advocacy group called No One is Illegal has launched a petition calling for an independent inquiry into Lucia Vega Jimenez's death. It will be interesting to see if anything comes of it.

Maybe this will be one of those times when our increasingly invasive, increasingly unaccountable state apparatus is brought to heel. We still pay lip service to a Charter of Rights and Freedoms that — on paper, anyway — protects the right to life, liberty and security of people "physically present" in Canada. It also protects freedom from arbitrary detention or imprisonment, which is worth noting.

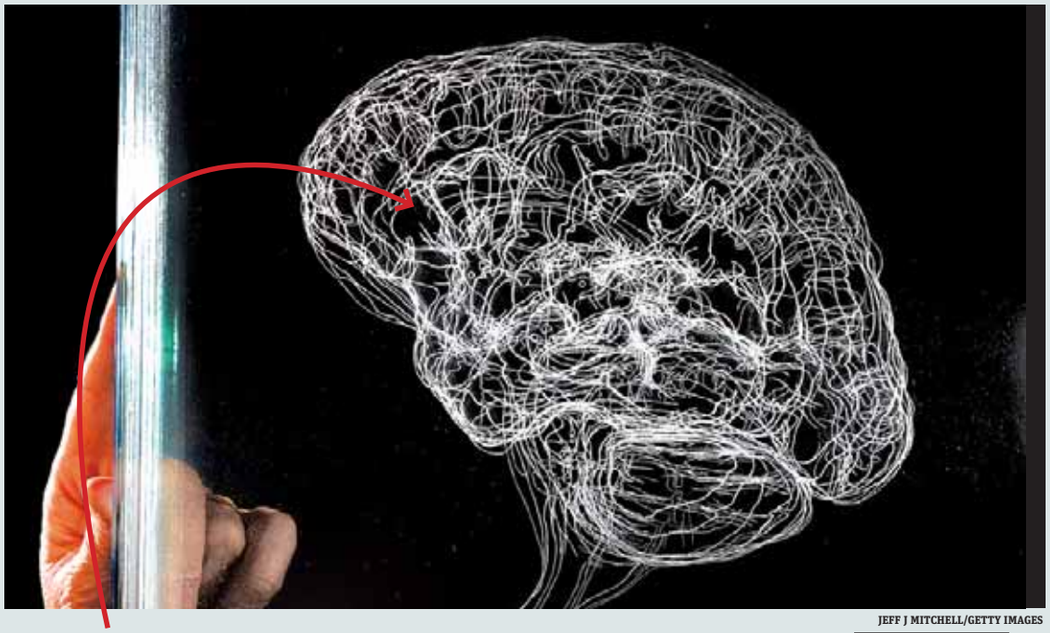
Lucia Vega Jimenez was about to be physically removed from Canada, but she was still "physically present." We owe it to her, to ourselves and to the integrity of the charter to start demanding real answers from the CBSA.

How did this happen? And how can we prevent it from ever happening again?

We can start by closing the YVR dungeon, and replacing it with something less … inhuman.

ZOOM

Portrait of the artist as a brain



JEFF J MITCHELL/GETTY IMAGES

A new frame of mind

Artist Angela Palmer has mapped her own brain. Palmer's work, Brain of the Artist, which goes on display to the public for the first time this week at the Scottish National Portrait Gallery in Edinburgh, was created from digital information provided by medical scanners. METRO

Artist's viewpoint

"It is an extraordinary experience, staring at your brain floating in a glass chamber before you. Unlike traditional portraiture, an image of one's brain does not depict anything recognizably 'you' and yet it could not be more intensely personal."

"Being scanned felt like a mechanical fortune teller passing over your body," artist Angela Palmer said. GETTY IMAGES

Sculpture exposes 'inner architecture'

"Recreating the brain is perhaps the most objective form of self-portraiture," Palmer describes. "I try to peel back the layers to expose the hidden beauty of our inner architecture. The image floats ethereally in its glass chamber, but can only be viewed from certain angles. From above and from the side the image vanishes and the viewer sees only a void." METRO

Clickbait

LUKE SIMCOE
Metro Online

Last week, the beloved famous Internet cat Colonel Meow passed away, leaving us with a fluffy, Himalayan cat-sized hole in our collective hearts. But now that we're done grieving, Metro takes a look at some other Internet-famous felines who can help fill that void.

FACEBOOK.COM

Lil Bub (lilbub.com):

Known for her perma-kitten appearance, Lil Bub is a dwarf cat with a lolling tongue and a big heart. She's spawned a merchandise empire, and boasts an impressive array of social-media followers. She even has her own talk show.

Nala Cat (nalacat.com):

Quite possibly the only cat with more than one million Instagram followers, Nala is a Siamese-tabby mix known for her blue eyes and love of bow ties.

Maru (youtube.com/user/mugumogu):

One of the first cats to garner online fame, Maru is a Scottish fold from Japan whose fascination with boxes has been delighting YouTube users for years.

Twitter

Canadian groundhogs like Wiarton Willie and Shubenacadie Sam are offering conflicting predictions on how much longer Old Man Winter will be sticking around, while world-famous Punxsutawney Phil says it won't be leaving quite yet. How will you be spending the next six weeks?

@KatarinaKaneff: praying that both of those silly groundhogs are smote for their horrible predictions, and that spring comes early.

@LindaMcCallumRE
Hunting Groundhogs

Follow @metropicks and take part in our daily poll. Best answers published right here.

Comments

RE: Be Wary of Groundhog Predictions: Forecasters published online Friday, January 31, 2014

The "forecasters" bad mouth the ground hogs because the hogs have a higher forecast accuracy percentage than they do!!
Stoneaxem, posted to metronews.ca

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Send us your comments: vancouverletters@metronews.ca

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E-books

Cinefex

By Don Shay & Jody Duncan

iPad

MIND THE APP
Kris Abel
@RealKrisAbel
scene@metronews.ca

A journal of behind-the-scenes movie magic, folks at Cinefex magazine get their hands on the extras you won't find on any DVD and the photos obsessive fans drool over. Going digital has actually lowered its price from $15 to $5 while adding how-they-did-it videos and interactive galleries. The current issue is a fascinating reveal of what kept Sandra Bullock afloat in Gravity.

Box office

Ride Along still cruising on top

Ride Along has topped the box office for the third week in a row with $12.3 million US, according to Sunday's studio estimates. Disney's Frozen, now the fourth highest-grossing domestic animated release ever, is in second place with $9.3 million US. That Awkward Moment, a Focus Features film, has taken third place in its opening weekend with $9 million US. THE ASSOCIATED PRESS

Glamour on the gridiron

Forget the football!
Bruno Mars, Chili Peppers and Queen Latifah the real stars of the Super Bowl

Bruno Mars and Anthony Kiedis wow the crowd at the Super Bowl on Sunday. ALL PHOTOS: GETTY IMAGES

Bruno Mars brought millions of fans into the club with a command performance during the Super Bowl halftime show Sunday.

The Grammy Award-winning singer translated his high-energy live show to the largest of stages, carrying off his hits with a smoking hot live band while managing to seamlessly integrate the Red Hot Chili Peppers into the set.

There was some concern Mars might not be able to hold up to the pressure of the assignment, but the 28-year-old wiped away the questions immediately.

Dressed in a gold-coloured jacket, he executed a note-perfect drum solo as he rode across the field on a raised platform. Once on stage, he delivered hits like Locked Out of Heaven and Treasure with a machismo that made it clear he wasn't lip-syncing.

Earlier in the evening, rapper and singer Queen Latifah and the opera star Renée Fleming proved the perfect choices to sing America the Beautiful and The Star-Spangled Banner. Both women are accomplished performers and handled the pitfall-ridden material with relative ease in stirring performances that brought cheers from the crowd.

"Have you ever heard it sung any better?," play-by-play announcer Joe Buck said as fans cheered wildly after Fleming's two-minute rendition of the national anthem.

Her performance included the Armed Forces Chorus, video shots of soldiers in Afghanistan, fireworks, a giant American flag and several shots of Denver Broncos quarterback Peyton Manning scowling, already in game-face mode.

Fans cheered wildly after the soprano, dressed in a Vera Wang-designed black gown with white sash, hit a long final high note with practised ease.

Latifah, dressed sedately in a knee-length blue parka and a white turtleneck, shared her performance equally with the New Jersey Youth Chorus, often swirling her voice together with the singers rather than taking a more forceful lead role. The effect was lovely.

She finished her performance with a small fist pump.

After walking off the field, Fleming said she hadn't felt nervous. "I do most of my nervous stuff in advance so when I actually get there I can enjoy it ... and it was certainly true this time," she said. "I feel so thrilled and honoured to be out there. I loved every second." THE ASSOCIATED PRESS

Oh, Joe!

Despite it being a balmy 8 C in East Rutherford on Sunday night, NFL legend Joe Namath symbolically flipped the bird at PETA and donned a fur coat for his role as pre-game coin tosser. The cloak was ostensibly an homage to his style during his days as the New York Jets' star quarterback in the 1960s, when he'd think nothing of throwing on some animal skins to keep warm on the sidelines.

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week

Jackman to drop anchor in Jack Sparrow's lagoon

STARGAZING
Malene Arpe
scene@metronews.ca

Hugh Jackman will be playing Blackbeard in the upcoming Peter Pan movie. I think I speak for all of us when I say, "Captain Jack Sparrow who?"

Kate Gosselin's sister says that the two siblings haven't spoken a word to each other in six years. Then she continued skipping down the street, throwing confetti and handing out puppies.

After a year and a half Heidi Klum breaks up with her bodyguard boyfriend. But shee-eee-eee-eee-eee will always love him.

While testifying at the British phone-hacking trial, Jude Law finds out that a close relative sold private information about Jude to the News of the World. "I may have a useful tip for you," says Kate Gosselin's sister.

One super bowl too many? Biebs' jet searched for pot

Justin Bieber

Justin Bieber just can't catch a break. The beleaguered singer arrived at New Jersey's Teterboro airport for the Super Bowl in a private jet that reportedly reeked of marijuana, prompting authorities to place him in federal custody for hours while the aircraft was searched, according to Page Six. Sources say the jet's pilot may have tipped off police about pot smoking on board before landing.

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Why your budget was a bust from the beginning

It was a good effort but... Keep these five money-management mistakes in mind when drawing up your next dollar tracker

GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

Budgeting isn't just about tracking your costs, it's about making sure you're spending your hard-earned money the way you want to. ISTOCK

People are always willing to volunteer their wisdom about budgets to me. I'm a budget discussion magnet, it seems. And nine times out of 10, people want to tell me why budgets don't work. I agree. Most people's budgets don't work for a few basic reasons. Here's my top five list:

Inaccurate income projections

I can't believe the number of people who don't know how much money they make. How can you have a hope in hell of having a budget that works if you don't know how much money you bring home?

I know there are a variety of pay periods: monthly, semi-monthly, bi-weekly and weekly. But all you have to do is look at how much is coming into your accounts to know how much you actually make.

If it varies from one month to the next, then use the lowest income you have as your basic income, and use whatever extra you earn to fund stuff like home maintenance, vacations, gifts and the like.

Not enough categories

Most people generalize their budgets too much to get an accurate picture of where their money is going. I swear if I see one more budget with "spending money" I'll spit. It's all spending money. What are you spending it on?

You have to have enough categories in your budget to give you a real sense of where the money goes and where you may be able to cut costs. Careful now: too many categories and you'll make your budget such a chore that you'll toss it in no time at all.

Another problem that goes hand in hand with this one is:

Failure to include expenses

Not all expenses come in every month. Insurance bills can come annually.

Property taxes can come quarterly. Service contracts, dental bills, birthday presents, health-club renewals… there are lots of things that pop up only once or four times a year. If you don't include them in your budget, you won't have the money at the ready when the bill comes in.

Cash

People spend cash without keeping track of where it's going and that throws their budgets out of whack. Some people use bank machines like a wallet, pulling $20 here and $40 there as needed.

Careless categorization

I swear if I see one more budget with "spending money" I'll spit. It's all spending money. What are you spending it on?

Gail Vaz-Oxlade

The problem with this approach is that money flows away without any record of where it's gone. And if you know you have a bill coming due in a couple of days, but your partner doesn't, and he goes into the account for cash, then you won't have the money available to pay the bill.

No plan to save

People seldom put a "savings" line on their budget. Despite how well known the Pay Yourself First idea is, people still don't do it.

They wait to see how much they have left to save. And it's usually ZERO, zip, zilch! If you're serious about savings, it has to be a line item on your budget. You have to identify a specific amount you're going to save both for long-term savings and for emergencies, and you need an auto-deduction to a savings account to MAKE IT HAPPEN.

Budgets are a great tool provided you use them the right way. You need to have spending categories that fit your personal situation, your spending habits, and your income.

Don't look to anyone else's completed budget as a guide, except perhaps for a list of categories you may not have thought of. Make sure you review your spending patterns to see if there are areas where you're overspending.

There may even be things you're spending money on of which you weren't even aware.

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You gotta fight, in your plight, to learn math

Hit the books. Math professor teaches students to apply the 'ninja method' to intimidating equations

VICKI SALEMI
Metro World News

Street fighting and self-defence require quick thinking and an ability to "shoot first and ask questions later." These ninja skills also apply to students in Dr. Sanjoy Mahajan's class based on his book, Street-Fighting Mathematics.

For his class, available at MIT and to students participating in the Massive Open Online Courses program who have basic physics and algebra comprehension, Mahajan says he doesn't want his students to "wait for the perfect kick to come" — he encourages them to just go for it.

The lessons seek to rid students of math anxieties by emphasizing the art of problem-solving without doing an exact, lengthy calculation.

"They think, 'If I don't get this one right answer, I have nothing,'" he says. The answer itself isn't the end-all, be-all though. That's because in his class, a grade is not based on correct or incorrect answers; instead, it's all about whether they've made a decent effort to find the answer.

Who hasn't experienced the desire to deck their long-division homework? ISTOCK

By showing students an equation as they stare at various symbols in fear, he tells them not to worry, since the answer will be found differently from how they expect it to be anyhow.

"The paranoia will freeze them up and just like in a street fight, they'll get slaughtered." In order to become liberated, he focuses on action in doing something reasonable and reacting without over-thinking a solution — in other words, estimating.

The class challenges the idea that math is supposed to be exact, as students toss away the notion of perfection and right and wrong. To drive home the ninja math technique, he often uses Navier-Stokes equations, considered some of the most complex math equations out there. He says it literally takes years to solve these problems, but "to hell with that, that's not a street-fighting approach." With a long, arduous approach, he says problems will not be solved and suggests the street-fighting approach as a way to make progress.

Students inevitably apply the ninja method to other classes as well, Mahajan points out. Approximating helps them simplify, he explains: "When the going gets tough, lower your standards."

Mahajan used the technique to learn German, for example. The language has endings with seven different forms of the word "the." Instead of figuring out the proper word endings, the professor went with the most common one.

"I was willing to approximate and not get 'paralysis by analysis,'" he says. Coupled with approximating by slurring the ends of words, locals understood Mahajan based on what their ear was trained to hear.

It turns out that the street fighting technique works in German too.

'Round the world wisdom

Train your attitude before taking on any challenge

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.

LESSONS FROM THE DESERT
Stéfan Danis
life@metronews.ca

When facing a challenge, we typically dedicate the majority of our time to acquiring a new skill, rather than training our attitude so that the new skill can flourish.

Routinely pushing yourself to take the rockier road will make life's regular humps seem so much smoother. ISTOCK

When I signed up for the multi-stage ultra-marathon in the Gobi, the best advice I received was that it wasn't a marathon and that "the race was 50 per cent mental attitude, 50 per cent physical aptitude." That simple statement would drive everything I did. Yes, I had to learn to run half the distance. But I would need to rely on my mind for the other half. How should I train my attitude?

I decided to run only when I didn't want to.

I ran at midnight, when I wanted to go to bed, after a meal when I felt full, outdoor preferably during storms and blizzards, when I was ill, or when my little voice inside said, "I'm tired." And when there was beautiful sunshine outside with perfect running conditions, I went to the gym and did strength training inside instead.

Ultimately, my training would add up to less distance than most competitors who ran the Gobi. But every time I set foot outside to run, I also received the compound upshot of slowly building the mental attitude and immunity required to deal with the adverse conditions the desert would unleash.

When taking on something new, consider that for the new skills or habits to stick, an attitude adjustment should be your first step.

STÉFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER

Moroccan tastes meet super food in pilaf

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

This Moroccan-flavoured dish resembles the flavours of the North African delicacy, tagine. A tagine is a delicious dish that is braised in a small amount of liquid with vegetables, dried fruit, olives and Mediterranean spices. If you own a tagine, the authentic cooking vessel, you can bake this dish at 350 F.

This is a delicious one-pot dish that I serve for the family or when I'm entertaining.

You can always use boneless chicken breasts or chicken on the bone but it will take longer to cook.

Traditionally, you would serve this dish over couscous, but I have selected the healthier grain, quinoa.

To make perfect quinoa, just combine 1 1/2 cups of stock or water with 1 cup of quinoa, bring to a boil, cover and simmer on the lowest heat for 15 minutes just until the liquid is absorbed and the quinoa just tender. (Make the quinoa while the chicken mixture is simmering.)

To toast the nuts, just heat them in a hot skillet on medium-high heat for about 3 minutes or just until toasted. You can make a batch up in advance and keep stored in an airtight container.

This dish is also great as leftovers. Heat gently in a microwave or toasted oven at 300 F.

Nutritional information

Per serving: 419 calories; 70 g carbohydrates; 9 g fibre; 15.5 g protein; 9.6 g total fat; 1.8 g saturated fat; 11 mg cholesterol; 350 mg sodium

This recipe serves six. ROSE REISMAN

Ingredients

- 2 lb boneless skinless chicken thighs, diced
- 1/4 cup all purpose flour
- 2 tsp vegetable oil
- 1 1/2 cup chopped onion
- 2 tsp minced garlic
- 1 cup diced carrot
- 1/2 tsp ground ginger
- 1/2 tsp ground cinnamon
- Pinch nutmeg
- Pinch cayenne
- Pinch salt and pepper
- 1 1/2 cup chicken stock
- 1 cup drained and rinsed chickpeas
- 1/2 cup chopped green olives
- 3/4 cup diced dried apricots
- 3/4 cup diced dried dates
- 3 cups cooked quinoa
- 1/4 cup chopped cilantro
- 1/3 cup toasted sliced almonds

Directions

1. Combine the chicken and flour. In a large non stick skillet, add vegetable oil and sauté chicken just until browned and half way cooked about 2 minutes. Set aside. Wipe out skillet and spray with vegetable oil.

2. Sauté onion, garlic, carrots, ginger, cinnamon, nutmeg, cayenne and salt and pepper for 5 minutes. Add stock, chickpeas, chicken, olives, and dried fruit and simmer covered for 15 minutes, stirring occasionally. Add more stock if needed.

3. Serve the dish over cooked quinoa and garnish with cilantro and toasted almonds.

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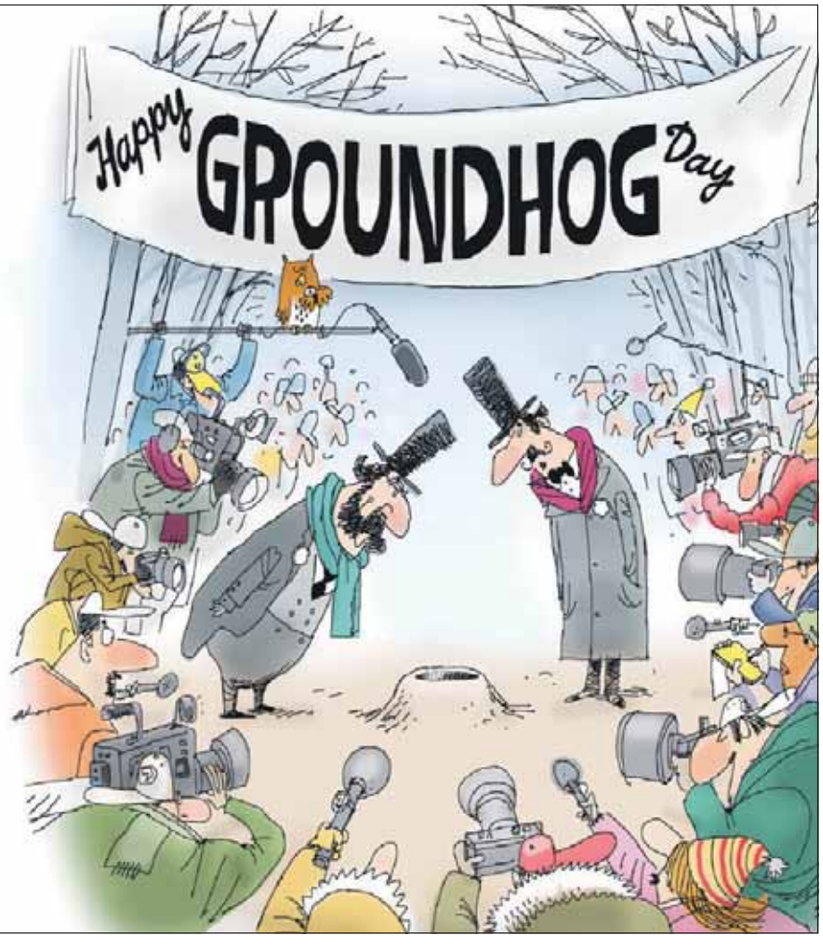


ARTISTS EXPLORE THE THEN AND NOW

BAND AND TD PRESENT CULTURE SERIES

LESIA BAILEY PHOTO

The stories are as varied as the people.

Canada's Black pioneers first set foot on this vast land as explorers, refugees, enslaved people and, like so many, as newcomers in search of providence.

This February, BAND (Black Artists' Networks Dialogue) celebrates Black History Month in partnership with TD Bank Group to present the TD Then & Now national cultural series. The life stories of the early nation builders continue to influence and inspire contemporary artists, cultural organizations and their audiences.

"It's February," says guest curator Maxine Bailey. "It's cold. It's quite understandable, the urge to hibernate until spring and only venture out to work or school. However, it would be your loss."

Bailey urges all Canadians to "gather up the parka, the toques, the mittens, and boots, and get out and enjoy stunning movement, funky rhythms, spectacular sounds, in-depth discussion and sweet poetry."

SHOWCASE

In its seven-year history, Then & Now has showcased more than 300 Black History Month events.

"The Then & Now series has become one of the most prominent cultural celebrations in Canada," says Scott Mullin, TD Bank Group's vice-president, community relations. "TD's goal has been to ... further develop Black arts and culture and to celebrate the accomplishments of Black Canadians."

The 2014 Then & Now cultural series — a partnership with TD Bank Group, produced by BAND, a Toronto-based national organization dedicated to connecting Black arts and culture to communities, has expanded west to Calgary and Vancouver. There are 60 multidisciplinary projects offered in six cities with projects in both official languages. The series includes African and Caribbean-heritage communities and runs through February into early March.

Events include:

- Black Strathcona is one of four projects in Vancouver. The new media project reveals a once thriving east-end B.C. neighbourhood.
- In Calgary, Shakura S'Aida presents Songs and Conversation with Calgary Folk Festival.
- In Toronto, Harbourfront Centre's three-day Kuumba celebration includes Dance Immersion Ontario's, Celebrating our Men in Dance.
- In Ottawa, Speaking of Black Hockey celebrates the history and soul of hockey.
- Montreal Opera's Porgy and Bess features Measha Brueggergosman in one of eight city projects.
- Five Halifax events include San Family Productions Inc.'s play, The Mother Club, about women, tradition and survival.

For more, visit band-rand.com.

STIMULATE YOUR IMAGINATION ALL YEAR LONG

In 1926, U.S. historian Carter G. Woodson developed an idea for what is now known as Black History Month.

Years later, Canadians advocated for a Black History Month of their own. But all too often, when February ends audiences for Black arts and culture disperse.

"Intellectually, I struggle that the attention on these fine artists seems to be limited to just one month per year," says Maxine Bailey, guest curator of the 2014 Then & Now national cultural series, produced by BAND (Black Artists' Networks Dialogue), with partner, the TD Bank Group. "We must change that mode of thinking."

African-Americans and Black Canadians continue to debate the relevance of commemorating Black History Month. Some discuss the merits of celebrating Black art, culture and history in the shortest, coldest month of the year.

Others, like U.S. hip-hop artist, Kanye West suggest that we "Make Black History every day," he raps. "I don't need a month."

Whether the tribute to Black history lasts for a month or 365 days a year, Canada's Black history continues to impact the nation's contemporary artists and culture.

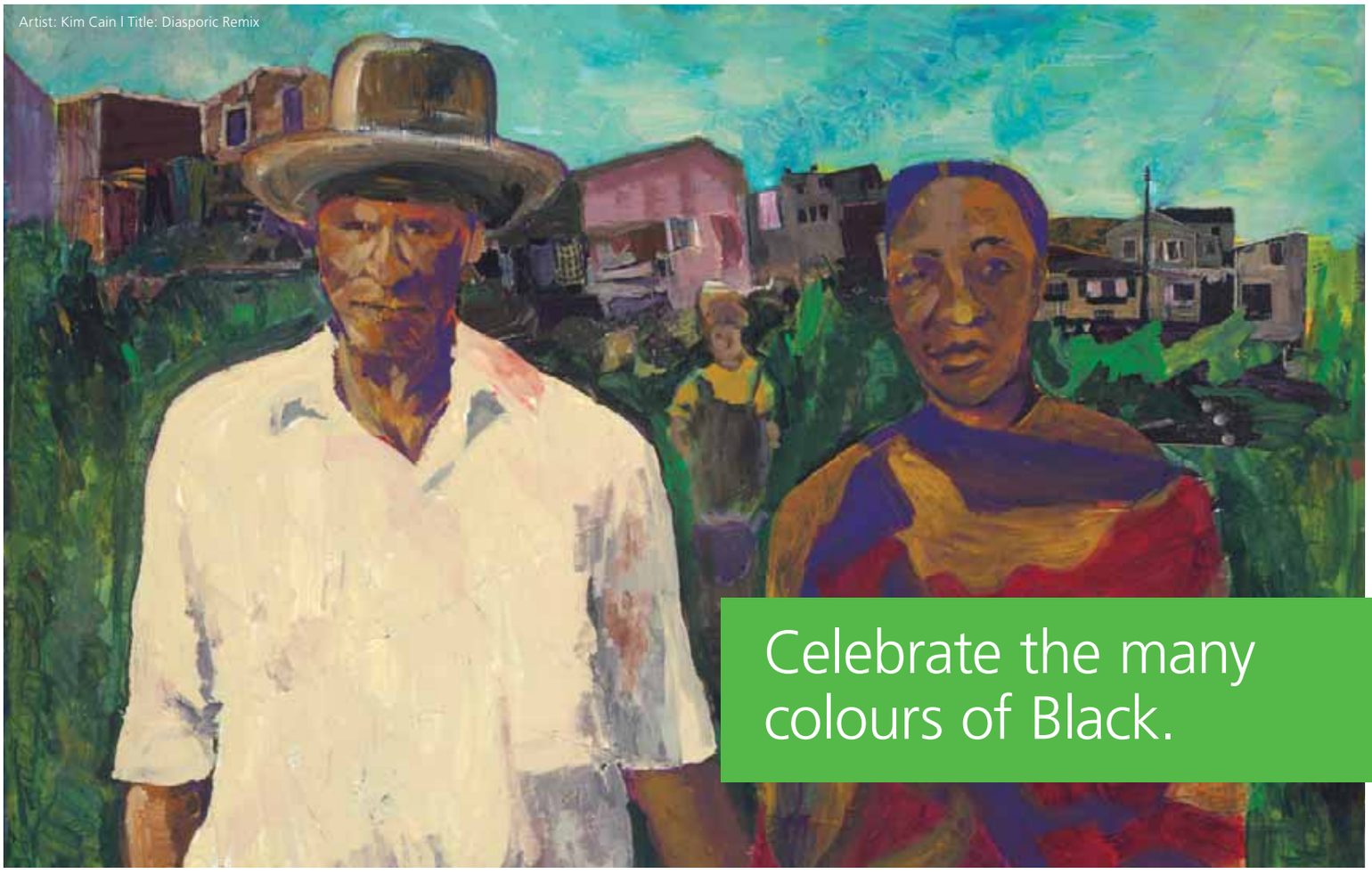
LESIA BAILEY PHOTO

"These artists work year-round to create challenging works to stimulate your senses and imagination," says Bailey, who is also BAND co-founder. BAND is the Toronto-based national organization dedicated to connecting communities to Black arts and culture.

The 60 multidisciplinary projects created by Black Canadian artists and cultural organizations comprise the 2014 Then & Now series. It all started with an idea that took seed and blossomed into theatre, multimedia, music, art, film and panel discussions. Then & Now is made possible with the year-round commitment of volunteers and donors, led by the TD Bank Group along with members of Caribbean-, African-heritage and wider communities across the country.

60 PROJECTS

The 2014 Then & Now national cultural series provides francophone and anglophone audiences an opportunity to view 60 multidisciplinary projects about the Black experience. This year, celebrate Black history and achievements along with artists and the cultural organizations that create inspiring art year-round. Some events are free. For more information,visit band-rand.com.



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Black Artists' Networks Dialogue

metro

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SPORTS 4

Super Bowl-dozer

Seahawks win.
Manning's Broncos overwhelmed by Seattle's defence from start to finish

The Seattle Seahawks' Kam Chancellor congratulates teammate DeShawn Shead on a first-half interception of a Peyton Manning pass on Sunday in East Rutherford, N.J. EVAN VUCCI/THE ASSOCIATED PRESS

The Seattle Seahawks' mantra all season was to make each day a championship day.

They made Super Bowl Sunday the best day of all with one of the greatest performances in an NFL title game — sparked by a defence that ranks among the best ever.

The Seahawks won their first Super Bowl crown in overpowering fashion, punishing Peyton Manning and the Denver Broncos 43-8. That masterful defence, the NFL's stingiest, never let the five-time MVP get going, disarming the highest-scoring offence in league history.

Seattle (16-3) was too quick, too physical and just too good for Denver, and that was true in all areas. What was hyped as a classic matchup between an unstoppable offence and a miserly defence turned into a rout.

"We've been relentless all season," quarterback Russell Wilson said. "Having that mentality of having a championship day every day. At the end of the day, you want to play your best football and that is what we did today."

Punctuating Seattle's dominance were a 69-yard interception return touchdown by linebacker Malcolm Smith to make it 22-0, and Percy Harvin's sensational 87-yard kickoff runback to open the second half.

When the Seahawks, up by 29 points, forced a Denver punt early in the third quarter, the 12th Man — and there were legions of them in MetLife Stadium — began chanting "L-O-B, L-O-B."

As in Legion of Boom, the Seahawks hard-hitting secondary, part of a young team with an average age of 26 years, 138 days.

"This is an amazing team. Took us four years to get to this point but they never have taken a step sideways," coach Pete Carroll said. "These guys would not take anything but winning this ball game."

The loss by the Broncos again raised questions about Manning's ability to win the biggest games. He is 11-12 in the post-season, 1-2 in Super Bowls.

"Certainly to finish this way is very disappointing," he said.

He never looked comfortable against a defence some will begin comparing to the 1985 Bears and 2000 Ravens — other NFL champions who had runaway Super Bowl victories.

Seattle forced four turnovers; Denver had 26 all season.

Wilson, who has an NFL-record 28 wins in his first two pro seasons, including playoffs, had a 23-yard TD pass to Jermaine Kearse late in the third quarter to make it 36-0.

Wilson also hit Doug Baldwin for a 10-yard score in the final period.

For the fifth time in six meetings between the NFL's No. 1 offence and defence, the D dominated.

THE ASSOCIATED PRESS

Super Bowl

Seahawks	Broncos
43	8

- The Seahawks' Malcolm Smith earned Super Bowl MVP honours.
- Smith is only the third linebacker in Super Bowl history to earn the award, joining Ray Lewis of Baltimore in 2001, and Chuck Howley of Dallas in 1971.

Opening snap

Safety first but not planned by Broncos

All those records, all for naught.

Peyton Manning couldn't cap the greatest season of any NFL QB or secure his legacy as the best in history because his Broncos came down with a case of the yips. They fell behind right from the start and never recovered.

Denver trailed before Manning ever got his hands on the ball because Manny Ramirez's bad snap went for a safety 12 seconds into the game. THE ASSOCIATED PRESS

The Canucks lost 4-3 to Dustin Byfuglien and the Jets on Friday night in Winnipeg. THE CANADIAN PRESS

Canucks look to rebound from case of mid-winter blues

The Vancouver Canucks couldn't say good riddance to January fast enough. But they're nowhere close to being out of the recent trouble they made for themselves last month.

The Canucks, who had four wins in 15 games in January, begin the month of February against the Detroit Red Wings on Monday. It's the second game of a five-game road trip leading up to the Olympic break in the NHL schedule.

Injuries have taken over, especially on the blue-line.

The Canucks lost in Winnipeg on Friday already without Chris Tanev (thumb) and Kevin Bieksa (undisclosed). Compounding an already dire situation, Yannick Weber left that game with an injury.

Weber was sent back to Vancouver, according to assistant coach Mike Sullivan.

Frank Corrado is already with the club as a call-up from Utica, and Yann Sauve has also been summoned.

As per the Canucks Twitter account, Henrik Sedin, out the last six games with a rib injury, skated on Sunday, however there is no word yet on if he'll return to the lineup against the Red Wings.

While the Canucks stumbled through January, they still remain in the hunt for the third spot in the Pacific Division.

The L.A. Kings, who currently hold that spot by three points over the Canucks, have also been in a funk, having been shutout in three of their last five games. The Canucks, fourth in the division, are only one point ahead of the Phoenix Coyotes.

John Tortorella, suspended six games for storming the Calgary Flames dressing room after that infamous opening faceoff brawl on Jan. 18, returns behind the Canucks bench on Monday.

CAM TUCKER/METRO

Sisters, from left, Maxime, Chloe and Justine Dufour-Lapointe pose for a photo after being introduced as members of Canada's Olympic freestyle skiing team on Jan. 20 in Montreal. Skiing has always been a family affair in the Dufour-Lapointe household. PAUL CHIASSON/THE CANADIAN PRESS

Sister skiers take bumps together

Freestyle skiing. Dufour-Lapointe trio look to make podium in moguls at Olympics

Skiing has always been a family affair in the Dufour-Lapointe household.

For Johanne Dufour and Yves Lapointe, it was a way to spend quality time in the winter with their three daughters.

But they never thought that one day it would take Maxime, Chloe and Justine Dufour-Lapointe to the Olympic Games.

All three freestyle skiing sisters will be in Sochi, Russia, to compete in moguls, the mad dash over the bumps with two intricate jumps thrown in.

It was the eldest, Maxime, who got them started in freestyle when she was 12 and went to see a friend in a moguls competition. Right away, she wanted to try it and it wasn't long before her talent began to show and she was entering races as well.

Her sisters were eager to try it, too.

But if 24-year-old Maxime opened the door for her sisters, it took her the longest to reach her full potential.

"I had some tough moments," said Maxime, now considered among the world's best in landing her jumps. "As an athlete, it's normal to have some self-doubt.

"I'm an analytical person and I like to figure things out. Now I understand moguls. It took me more time, but the important thing is to get there."

While they are competitors on the slopes, the sisters remain a close-knit group.

"We see having all three of us competing in the same discipline as an advantage," said 22-year-old Chloe, currently second in World Cup standings behind American Hannah Kearney. "We're sisters and we see it as normal to compete together."

Maxime agrees.

"Having them there gives me feelings of security and comfort," she said. "I know they won't be afraid to be honest with me.

"We aren't afraid to call each other out if we have to. It makes me a better athlete and it's the same for them. It's a constant learning process."

Of the three sisters, only Chloe has Olympic experience. She managed to qualify for the 2010 Winter Games in Vancouver, exceeding expectations by finishing fifth.

THE CANADIAN PRESS

Podium-proven performers

Justine, 19, goes into Sochi having won bronze at last year's world championships. She had five podium finishes in six races on the World Cup tour this season, including two victories.

- Chloe has been on a World Cup podium three times, while Maxime picked up her first career podium at Deer Valley this season.

"We're going to put on a show that Canadians will remember for a long time."

Justine Dufour-Lapointe says she and her sisters will be noticed in Sochi.

CFL. Lions receiver Nick Moore appears destined for free agency

Nick Moore used the power of Twitter last week to perhaps foreshadow his next step in the Canadian Football League.

The import wide receiver, who spent the last three seasons with the B.C. Lions, tweeted out on Thursday: "Can't wait til February 15th!!" That, of course, is the first day of CFL free agency.

Moore is a pending free agent, and talks between agent Fred Weinrauch and Lions general manager Wally Buono seem to have broken off after a lengthy conversation between the two last week.

Buono said the Lions made Moore an offer last week, but the receiver's camp will not counter. News 1130 Sports reported on Twitter last week that Moore is looking for around $180,000, while the Lions came in anywhere between $40,000 to $50,000 under that.

Moore's agent Fred Weinrauch, based out of Quebec, respectfully declined comment when contacted Sunday.

Moore was third amongst CFL receivers with 1,105 receiving yards last season — his first complete year as a starter with the trade of Geroy Simon in the last offseason.

The Lions will also let import defensive lineman Keron Williams go to free agency, Buono confirmed.

CAM TUCKER/METRO

Banks now a Bomber

On Friday, the Lions traded veteran cornerback Korey Banks to the Winnipeg Blue Bombers in exchange for non-import receiver Kito Poblah.

Receiver Nick Moore could very well have caught his last pass with the Lions. TORSTAR NEWS SERVICE FILE

Washington 6, Detroit 5

Ovechkin's 39th goal of the season gives Caps OT win

Alex Ovechkin scored his NHL-leading 39th goal on a power play 2:37 into overtime, and the Washington Capitals beat the Detroit Red Wings 6-5 Sunday to earn a split of a home-and-home set and tighten up things in the bottom half of the Eastern Conference.

Ovechkin's one-timer from the left circle was no match for goaltender Jimmy Howard, who had only three teammates on the ice with him after Brendan Smith was sent off for tripping 1:26 into the extra period.

THE ASSOCIATED PRESS

Winnipeg 2, Montreal 1

Jets continue to arrive at victories with new pilot

Michael Frolik scored in the third period to give the Winnipeg Jets a 2-1 victory over the Montreal Canadiens on Sunday afternoon.

Tobias Enstrom also scored for the Jets (27-25-5), while Al Montoya stopped 30 shots.

Brian Gionta was the lone goal scorer for Montreal (29-21-6). Carey Price, playing his second game in as many days, made 33 saves.

The Jets have now won eight of 10 since Paul Maurice took over as head coach on Jan. 12.

THE CANADIAN PRESS

Horoscopes

♈ Aries
March 21 - April 20
The cosmos will give your confidence a boost this week and make all things seem possible. Don't listen to those who say you should be cautious. If you can think of something, you should get on and do it.

♉ Taurus
April 21 - May 21
If you were planning something spectacular for the next few days it might pay you to think again, especially if there is money involved. The planets indicate there is no need to rush things.

♊ Gemini
May 22 - June 21
You will have to deal with a challenge to your authority that could be quite serious. Don't try to put it off, because the longer you leave it the more serious it will get. Make sure everyone knows who is the boss.

♋ Cancer
June 22 - July 23
It may seem as if you are being swept along by forces over which you have no control, but is it true? Maybe you are taking too negative a view of your ability to influence events.

♌ Leo
July 24 - Aug. 23
You won't have to make much effort to get what you desire over the next few days. Your powers of persuasion have rarely been higher and if you ask for something, you will get it with no questions asked.

♍ Virgo
Aug. 24 - Sept. 23
If you try to get out of something you have already agreed to today, you won't be very popular. That may not worry you much now but it could have repercussions later.

♎ Libra
Sept. 24 - Oct. 23
You may have to cuts corners to get things done over the next 24 hours but it will be worth it. It will save you time, much of which will be taken up trying to explain to others what you are doing and why.

♏ Scorpio
Oct. 24 - Nov. 22
Take care that in your hurry to impress important people you don't overestimate your abilities and take on too much. You may not like to say "no" but they won't be impressed if you fail to deliver.

♐ Sagittarius
Nov. 23 - Dec. 21
You can turn dreams into realities this week. All you have to do is be yourself and believe in yourself. The latter is important as various people will try to convince you that you don't stand a chance.

♑ Capricorn
Dec. 22 - Jan. 20
The most important thing this week is that you don't let others tell you what you ought to believe. No matter how loud the so-called "experts" may be, you must trust what your inner voice tells you — always.

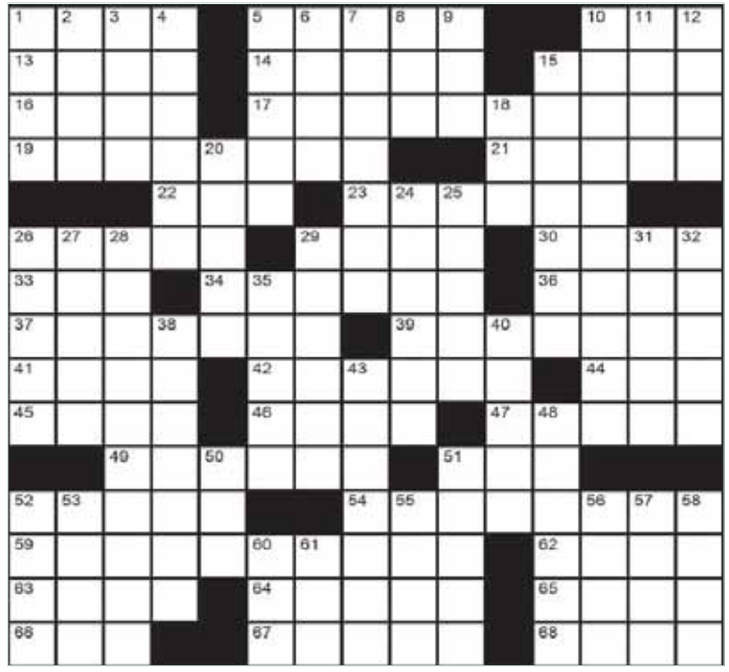
♒ Aquarius
Jan. 21 - Feb. 19
This is not a good time to be too adventurous financially. With Mercury about to begin one of its retrograde phases, you could lose big if you get carried away.

♓ Pisces
Feb. 20 - March 20
Make sure you can see how other people's decisions might affect your own aims and ambitions. On the work front especially, take nothing for granted. **SALLY BROMPTON**

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



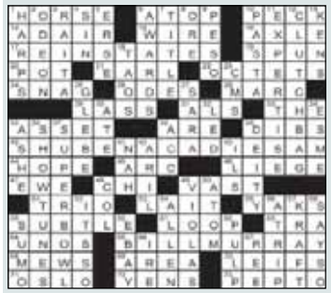
Across

1. Brother of singer Brandy, __ _
5. Attempt or fetch: 2 wds.
10. Exchange rings
13. True: French
14. Jim Croce's "I Got _ __"
15. Swell
16. Word's history [abbr.]
17. Evangeline's poet
19. Soak with the sponge some more
21. How some are in love
22. Facing [abbr.]
23. Salad ingredient
26. Married man, fun-style
29. 1997 Peter Fonda title role
30. "__ la Douce" (1963)
33. Give __ _ try
34. Tirade talker
36. Years: Spanish
37. Ms. Harris of "Love It or List It Vancouver"
39. Net-using fishermen
41. Alan of "M*A*S*H"
42. Actor Kevin, and surnamesakes
44. Compass dir.
45. "It's __ real!"
46. Good: French
47. Beginning
49. Remember
51. Stir
52. __ recording
54. Standard Time: Scottish-born Canadian, Sir __ Fleming (b.1827 - d.1915)
59. Justin Bieber's 'contest of speed' in Miami: 2 wds.
62. Opera tune
63. Stage setting, __-en-scene
64. Path to travel on
65. George Harrison's "__ It a Pity"
66. Educ. institution
67. "Vogue" dancer
68. Didn't walk there

Down

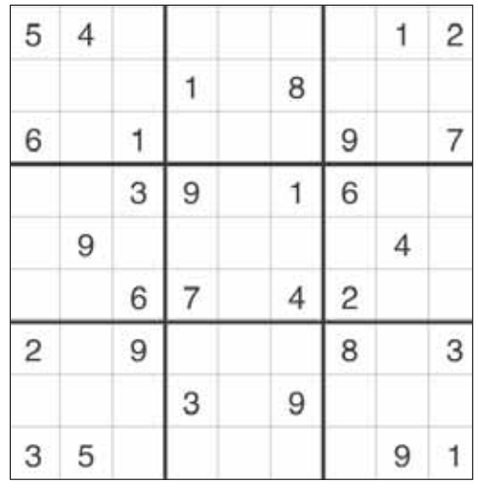
1. Winnebago owner, informally
2. Mr. Johnson
3. "Divine Secrets of the __-__ Sisterhood" (2002)
4. "The Waltons" son
5. Lively dance
6. Due __ __ before... (Submission info)
7. Engine-of-a-car part
8. Texter's "Egads!"
9. Black-and-white jersey wearer
10. Canadian band, The __ of Manitoba
11. Organic compound
12. Like Mother Nature's morning coat
15. Rome attraction, __ Amphitheatre
18. Record co.
20. Heidi author, Johanna __ (b.1827 - d.1901)
24. Filmdom's Liam
25. Filmmaker, Maya __
26. Type of headscarf
27. Serviceable
28. Canadian-invented bluffing/trivia game
29. Remove the painting's holder-upper
31. Certain code
32. Holding
35. Limerick's rhyming pattern
38. 'The snow' in Quebec: 2 wds.
40. Has peculiar-ness: 2 wds.
43. Canuck temperature measure
48. "That's against the rules!": 2 wds.
50. __ anglais (English horn)
51. Wrath
52. Nav. ranks
53. Type of acid
55. AM part
56. Roughly: 2 wds.
57. Peel
58. Agenda info
60. Dadaist Jean
61. Murmur

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Yesterday's Sudoku

3	2	6	5	7	8	4	1	9
4	1	8	3	9	6	5	7	2
9	5	7	2	4	1	8	3	6
6	4	5	8	2	7	1	9	3
1	9	2	6	3	4	7	5	8
8	7	3	9	1	5	2	6	4
5	8	9	7	6	2	3	4	1
7	3	1	4	8	9	6	2	5
2	6	4	1	5	3	9	8	7

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